



# Nutrition to the Corps

## Semper Fit - *Standardized Nutrition Program*



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# Nutrition Resilience

- Proper nutrition is vital to maintaining good health and mission readiness\*
- Healthy food is fuel for the body
  - Optimizes physical and mental performance
  - Helps maintain emotional control during field operations
  - Supports injury-healing processes
  - Protects against disease and supports overall health throughout a lifetime

*\*Source: Scott Montain, Christina Carvey and Mark Stephens. "[Nutritional Fitness](#)" [PDF 4.65MB], Total Force Fitness for the 21st Century, Supplement to Military Medicine-Volume 175. Published August 2010.*





# Nutrition to the Corps

- Purpose: To educate the entire Marine Corps family on basic nutrition and promote healthy eating within the community
- Developed a Marine Corps wide standardized nutrition program
  - Individual
  - Unit
  - Community
  - Family
- Created by Semper Fit Registered Dietitians





# Objectives

- To equip Semper Fit staff with a nutrition toolbox to educate the Marine Corps community
- Basic nutrition principles with practical application for varying groups
  - Marines
  - Families
  - Children and Teens
  - USMC Community





# Dissemination

- East coast and West Coast 2-day “train the trainer” training for Semper Fit Health Promotion and Fitness staff
- Semper Fit staff then utilize the toolbox items at their installation
- The nutrition toolbox is accessible to staff through the Crossroads intranet webpage
- What’s included in a nutrition toolbox?





# Toolbox Components

- *Fueled to Fight* education
- Nutrition Briefs
- Healthy Commissary Tour
- Basic Cooking Class
- BCP Nutrition Course
- Preschool, School-age, and Teen activities
- Family education





# Today's Topics

- *Fueled to Fight*
- Nutrition education components
  - Units
  - Children and Teens
  - Families
  - USMC Community





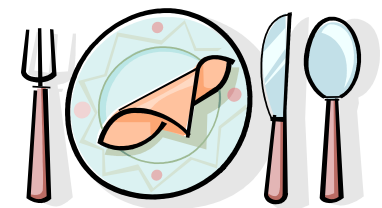
# USMC MESS HALL STOPLIGHT SYSTEM





# Purpose

- To define a single system for product identification which enhances the Marine's ability to make *healthy choices*
- Establish a policy for color coding menu items within USMC mess halls
- System intent:
  - ❖ Provide identifiable choices
  - ❖ **NOT** to prevent options





# System Logistics

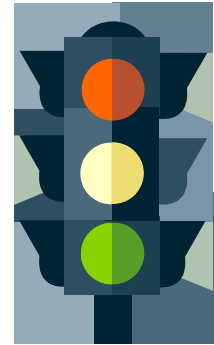
- Roll-out set for May 2012
- Partnering
  - USMC Registered Dietitians
    - ❖ Established color-coding policy (stoplight system)
    - ❖ Analyzed menu items and categorized foods
  - Mess Hall Management and Operations
    - ❖ Label menu items on serving line
    - ❖ Hang informational posters





# Stoplight System

- Categorizes food by a color coded Stoplight system
  - Red
  - Yellow
  - Green
- Food is categorized based on total fat and saturated fat percent
- Identified by food labels and posters throughout dining establishments





# GREEN criteria

- Healthiest options for maximum performance
- “Engage at will” = Great Choices
- Food item contains:

≤ 30% Total Fat\*

and

≤ 10% Saturated Fat\*

(\* % of total calories)





# YELLOW Criteria

- Choose with caution and watch quantity
- “Well aimed shots” = Use Occasionally
- Food item contains:

≤ 31 -49% Total Fat\*

and

≤ 11-15% Saturated Fat\*

(\*% of total calories)





# RED Criteria

- Hinders performance
- “Check Fire”= Limit amounts
- Food item contains:
  - > 50% Total Fat\*
  - and
  - >16% Saturated Fat\*

(\*% of total calories)





# Exceptions...

## **YELLOW Coded**

- Eggs
- Avocado
- Nuts
- Seeds
  
- Diet Soda
- Sports Drinks
- 100% Juice

## **RED Coded**

- Energy Drinks
- Regular soda
- Fruit punch
- Lemonade
- Fruit drinks
- Bug juice
  
- Alcohol



# Example Food Item

## *Baked Fish with Butter Crumb Topping*

Nutrition Facts (per 4 oz. portion):

**Calories:** 226

**Total Fat:** 8.7 grams

**Saturated Fat:** 3.29 grams

**Calories from Total Fat = 34.6%**

**Calories from Saturated Fat = 13.1%**

**Result:** **YELLOW** food label





# Are you Fueled to Fight?

		Engage at will	Well Aimed Shots	Check Fire
<b>Dairy</b>	* 3 cups every day	Non Fat or 1% Milk, Fat Free or Low Fat Yogurt or Greek yogurt, Non Fat Sour Cream, Cottage Cheese (non fat or 1%), Non fat Dry Milk	2% Milk, Sherbet/ Frozen Yogurt, Low Fat Sour Cream, Low fat & Light Cheese, Buttermilk, Ice Milk	Whole Milk, Creamer, Whipped Cream Whole Milk Yogurt, Sour Cream & Cottage Cheese, Regular Cheese & Ice Cream, Milkshake, Cheesecake
<b>Meat/ Protein Sources</b>	* 5 ½ to 6 ½ ounces every day	Egg Whites, Egg Beaters, Any Fresh Fish, Chicken or Turkey breast (without the skin) Round cuts of beef, pork tenderloins, Non fried tofu or other soy products.	Whole Eggs, Fish: water- packed canned, salted or smoked, Shellfish  Game Hen, Dark Poultry meat, Canned Chicken, Turkey Franks  Most Beef, Pork, Lamb, Veal (extra lean)	Egg yolks, Fish: Oil packed canned, Fried Fish Processed Meats (sausage, bacon, hot dogs, some lunch meats) & Organ Meats Fried & Fast Foods Meat, Canned Meats & Stews, Fatty Marbled Red Meat



# Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
<b>Grains/ Cereals</b>	<p><b>*At least 6 to 8 ounces a day.</b> <b>AT LEAST ½ of the grain servings should be whole grains.</b></p> <p>Example: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent.</p>	<p>Whole wheat pita, tortilla, or English muffins, whole grain cereal or pasta, Whole cornmeal, Bulgur. Look for grains with 3 or more grams of dietary fiber per serving. Whole grain pretzels. Grain crackers, rice cakes, brown rice. Buckwheat, oatmeal, muesli, whole rye, wild rice, amaranth, millet, quinoa, sorghum. Popcorn: air popped, no butter.</p>	<p>Breads or cereals with less than 3 grams of fiber per serving. Refined grains and pastas such as corn tortillas, couscous, de-germed cornmeal, crackers, flour tortillas, white flour, white rice, regular pasta, grits, and noodles. Most pretzels. Pancakes, bagels or muffins with less than 3 grams of fiber per serving. Baked chips. Popcorn: low fat and light</p>	<p>Most snack crackers, most granola, biscuits, bakery products such as cake, pies, cookies, doughnuts, Danishes. Prepackaged rice or pasta with sauces. Macaroni and cheese. Sweetened cereal. French Fries. Chips. Popcorn: regular microwave or popcorn from the movies</p>



# Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
Fats & Oils	Use Sparingly	Spray Oils (ex Pam) Use other spices, seasonings	Imitation/ Reduced Fat Mayo Salad/ Vegetable Oil Margarine, Low fat & light salad dressing	Regular Mayo, Tartar Sauce, Butter, Hard Margarine, Palm and Coconut Oil, Animal Shortening / Lard
Dried Beans, Peas, Nuts	Dry beans and peas can be counted either as vegetables (dry beans and peas subgroup), or in the meat, poultry, fish, dry beans, eggs, and nuts (meat and beans) group.	Natural peanut butter, almond butter, kidney beans, pinto beans, lima beans, black beans, chick peas, split peas, black-eyed peas, and lentils	Regular peanut butter, low fat refried beans, some varieties of garden burgers or veggie burgers. Texturized vegetable protein. Unsalted sunflower seeds, almonds, walnuts, and hazelnuts (filberts).	Refried beans, salted nuts, and some packaged trail mixes.



# Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
<b>Fruits and Vegetables</b>	<b>At least 2.5 cups of fruit and at least 4 cups of vegetables a day</b>	<b>All fresh fruits and vegetables. Frozen vegetables.</b>	<b>100% fruit and vegetable juices. Frozen juice bars. Salsa. No added salt canned vegetables. Dried fruit. Unsweetened applesauce. Avocado, olives, sauerkraut</b>	<b>Canned fruit in light or heavy syrup. Regular canned vegetables. Sweetened applesauce. Frozen fruits with added sugar. Frozen veggies with sauce or cheese. Coleslaw, potato salad, French fries, onion rings, hash browns, tater tots, scalloped or Au Gratin Potatoes. Deep fried vegetables. Fruit candies, fruit drinks that are not 100% fruit juice, sweetened dried fruits.</b>
	<p>Example: 1 cup of fruit or 1 cup of 100% fruit juice counts as 1 cup. ½ cup of dried fruit can be considered as 1 cup.</p> <p>Example: 1 cup of raw or cooked vegetables, or 1 cup of vegetable juice counts as 1 cup.</p>			



# Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
Beverages	*Serving size depends on individual needs	Water, Non fat or 1% milk, Unsweetened Tea and Coffee	Sports Drinks, Diet Soda, 100% fruit and vegetable juices, 2% milk	Energy Drinks, Regular Soda, fruit drinks, punch, lemonade, sweet tea, whole milk, alcohol
Supplements	*Serving size depends on individual supplement	If your doctor has determined the supplement is safe for you and prescribes a safe dose to follow.	Multivitamin products with seals from third-party verification programs (Ex. USP, NSF, etc). Vitamins/minerals that do not exceed 100% of the daily value. Always ask a physician before taking a vitamin/mineral. Small doses of caffeine may increase athletic performance if approved by your physician.	Energy Drinks. Any supplement that has limited research. Any supplement that you have not cleared with a physician. Supplements may interact with medications and may cause increased risk for dehydration.



# Disclaimers

- Located at the bottom of the nutrition guide
  - Serving sizes vary depending on height/weight, age, gender, and level of physical activity.
  - \*Serving size on guide is based on
    - ❖ males and females,
    - ❖ aged 19 to 30 years old, and
    - ❖ who engage in at least 30 minutes of physical activity most days of the week.



# Resources

- Also located at the bottom of the nutrition guide
- For more information:
  - [www.humanperformanceresourcecenter.org](http://www.humanperformanceresourcecenter.org)
  - [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)
  - [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)
  - <http://champ.usuhs.mil/warfighterguide.html>





# *Fueled to Fight* in the Community

- The Clubs at Quantico
  - Healthy foods on the menu and buffet labeled as *Fueled to Fight*
  - Increased healthy food options such as:
    - ❖ Whole grains added (brown rice and whole grain breads)
    - ❖ More fresh fruit options
    - ❖ Healthier cooking methods (grilled vs. fried)
    - ❖ Increase in fresh vegetable selection and low-fat dressing choices at the salad bar
- General Officer Symposium
  - Healthy menu selections





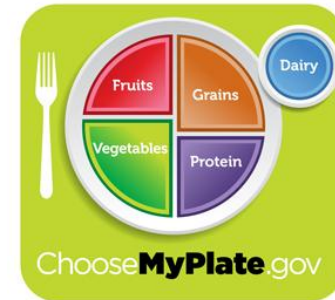
# *Nutrition to the Corps*

## **UNIT BRIEFS**



# Nutrition Briefs

- For all units:
  - Basic Nutrition
  - Sports Nutrition
  - Dietary Supplements
    - Human Performance Resource Center presentation
  - Fast-Paced Nutrition
- For BCP Marines:
  - BCP Nutrition Course





# Dietary Supplement Brief

- *Dietary Supplement Brief*
  - *Dietary Supplement Education for Warfighters*
  - DoD Human Performance Resource Center
  - Website address: *humanperformanceresourcecenter.org*
  - Contact e-mail: *supplements@usuhs.edu/hprc@usuhs.mil*





# BCP Nutrition Course

- Purpose: To educate BCP Marines on weight management techniques and teach healthy eating habits
- Course Content
  - Section 1: Basic Nutrition/Weight Loss
  - Section 2: Commissary/Grocery Store Tour
  - Section 3: Cooking Class





# Healthy Commissary Tour

- Purpose: To illustrate healthy food choices in the grocery store to promote healthy eating in the barracks or at home
- Tour Design
  - Participants are led throughout the commissary by the tour leader (Semper Fit Health Promotion staff)
  - Make stops in each department and given tips on how to make grocery shopping easier and healthier
  - All participants receive a folder with a student guide





# Cooking Class

- Purpose: Hands-on class that teaches how to prepare healthy meals using limited resources
- Only need a microwave, refrigerator, and freezer
- Eat healthy anywhere- Barracks, Office, and Home





# Cooking Class

- Class Design
  - Each participant given a packet with:
    - Healthy food to have stocked on shelves, in refrigerator, and in freezer
    - Meal and snack ideas
    - Recipes
  - Divide into groups, cook 2-3 selected recipes, and enjoy!





# *Nutrition to the Corps*

## CHILD AND TEEN



# Nutrition Resilience

## ■ Children and Teens

- Nutrition is essential to building healthy bodies
- Supports neuron development, increases brain integration, and can improve mood and behavior
- Food is also a key element in social gatherings, celebrations, rituals, and rites of passage
  - ❖ Builds a sense of well-being
  - ❖ Feeling of belonging and connectedness





# Child and Teen Activities

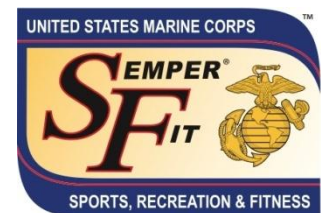
- All activities are age-appropriate
- Host own event, set-up a nutrition table at community event, or school lunch period
- Possible partnering with other community groups
  - Helps build relationships
  - Creates networking opportunities for families





- ## ■ Teens

- 
- | PORTION SIZE   |   |   |   |   |
|--|---|---|---|---|
| PROTEIN  | VEGETABLES  | GRAINS  | MILK  | MEAT/BEANS  |
|  <b>CHICKEN BREAST</b><br>1/2 |  <b>RED BELL PEPPER</b><br>1         |  <b>RED CUPCAKE</b><br>1       |  <b>CHEESE</b><br>2 slices |  <b>MEAT</b><br>2 slices   |
|  <b>MEAT</b><br>1 slice       |  <b>LEAFY GREENS</b><br>1 cup        |  <b>WHITE RICE</b><br>1/2 cup  |  <b>MEAT</b><br>1 slice    |  <b>MEAT</b><br>2 slices   |
|  <b>MEAT</b><br>1 slice       |  <b>GREEN BEANS</b><br>1/2 cup       |  <b>MARGARINE</b><br>1/2 stick |  <b>MEAT</b><br>1 slice    |  <b>MEAT</b><br>2 slices   |
|  <b>MEAT</b><br>1 slice       |  <b>GREEN LEAFY SALAD</b><br>1 cup   |  <b>MEAT</b><br>1 slice        |  <b>MEAT</b><br>1 slice    |  <b>MEAT</b><br>2 slices   |
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|  <b>MEAT</b><br>1 slice     |  <b>GREEN LEAFY SALAD</b><br>1 cup |  <b>MEAT</b><br>1 slice      |  <b>MEAT</b><br>1 slice  |  <b>MEAT</b><br>2 slices |





# School-age Cooking Class

- *Little Hands in the Kitchen* Cooking Class
- Purpose:
  - To introduce kids to the kitchen
  - Promote healthy eating habits
  - Encourage sibling and parent involvement





# School-age Cooking Class

## ■ Class Design

- Tour the kitchen
- Followed by a sit down/stand up game
  - ❖ “Did you have at least one serving of fruit today? If so, Stand up!”
- Finish with making food art:
  - ❖ Examples (choose 1-3 snacks):
    - Building a bear
    - Vegetable Flowers with Healthy Yogurt Dip
    - “Dirt Cups”





# Nutrition Resilience

## ■ Families

- Caregivers role to be a healthy role model
- Provide opportunities, structure, and support with *family meals*
- Meal time essentials:
  - ❖ Maintain a positive feeding environment
  - ❖ Show that meal time is important
  - ❖ Communicate and share experiences
  - ❖ Simplify!





# Family Health Fairs

- Nutrition and fitness education booths with healthy snack ideas and fun, fitness activities





# *Let's Move Campaign Promotion*

- Quantico Child, Youth and Teen Programs
  - Monthly fruit and vegetable
  - Monthly fitness activity
- Promotion opportunities
  - Staff meetings
  - Signage throughout buildings
  - Parent newsletter





# In Summary

- Build nutrition resilience
  - Stay informed about your services nutrition programs
  - Educate units about nutrition using guidance from each respective service
    - ❖ Include nutrition education in training curriculum
  - Be a role model for healthy eating habits
  - *Encourage* others to make nutrition choices that support healthy lifestyles





# *Questions?*





## **Contact:**

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